

Top 5 New Year's Resolutions

Your health and the health of the planet are intertwined. Resolving to make a few simple changes may help you meet your goals and take care of the Earth at the same time.

1. Get Healthy!

Contribute to improved air quality by ditching the car and walking or riding your bike to the store or park. Fuel your body with locally or organically grown produce and reduce carbon emissions and pesticides.

2. Reduce Debt!

Lower electric bills by unplugging electronics when not in use and you will conserve energy. Follow the buy now, pay now policy and avoid purchasing the latest fads on impulse. Buy food in bulk when possible.

3. Get Organized!

Make a resolution to REMEMBER to bring your green bag into the store with you. Take time to designate a recycling area to make it easier for all your family members to separate garbage from paper, plastic, and glass. Stop junk mail by visiting <http://www.donotmail.org/> and reduce clutter by donating unused items to thrift stores or <http://www.freecycle.com/>.

4. Learn Something New!

Attend one of the many green events around town, like the green market every Saturday in Fort Pierce. Visit the library or community center to find information on workshops and lectures offered by county, state, and university organizations.

5. Spend More time with Family and Friends

Turn off the TV and get outside for some quality time with friends and family. Start a community or backyard garden, landscape with native plants, or volunteer at a local nature facility.